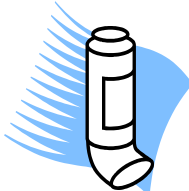


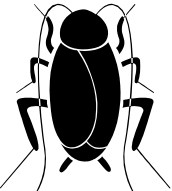
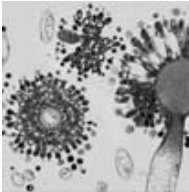




ASTHMA AT HOME

Name: _____
Case # _____
Date: _____

	Good Job	Needed	N/A	
MEDICATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep action plan and medications in an easy to find and safe place.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wash spacer and mask weekly.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make sure nebulizer is working properly.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Refill medications before you run out.
SMOKE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke. Attend classes to help stop smoking.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not allow smoking in the home or car.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If you smoke, smoke outside / change clothes before returning.
DUST & DUST MITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vacuum weekly with HEPA vacuum. Make sure your child is not home when vacuuming.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Remove carpet if possible. Wet before removing.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet mop floors at least weekly.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wash bedding and stuffed toys in hot water (120°) every 1-2 weeks.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cover mattresses and pillows in dust proof zippered covers.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reduce clutter and remove stuffed animals.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Replace heating system filters monthly during winter.
PESTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave food or garbage out. Store food in airtight containers.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Try using poison baits, such as boric acid for cockroaches. Place baits away from children, such as behind refrigerator.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vacuum up cockroach bodies and fill any holes in with copper wool.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fix leaky plumbing/roof or other sources of water.
MOLD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use a fan or open a window when showering or cooking.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clean mold off hard surfaces with water and detergent and dry completely. Absorbent materials with mold may need to be replaced.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fix leaky plumbing or other sources of water.
ANIMALS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Consider not having pets. Keep pets out of your child's bedroom.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wash your and your child's hands after petting animals.
ODORS/SPRAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Don't use perfume, talcum powder, incense, or other strong scents.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not use stove/oven for heating house.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When cleaning, keep child away and don't use strong smelling cleansers, including bleach.